Vera Effigies
Samuelis Hamworth, M.D.

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B. T. 1187

A DESCRIPTION OF THE DUKE's *BAGNIO*, AND OF THE MINERAL BATH AND NEW SPAW Thereunto belonging.

WITH

An Account of the Use of *Sweating*, *Rubbing*, *Bathing*, and the *Medicinal Vertues* of the *Spaw*.

BY

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TO

His Royal Highneſs

JAMES

DUKE OF

YORK & ALBANY, &c.

Great Sir,

SInce it hath pleaſed Your Highneſs to expreſs ſo much Candour and Condeſcention,

cention, as to encourage this New Undertaking, by ſuffering it to be called by Your Royal Name; this ſmal Tract, which is a Deſcription of it, preſumes to throw it ſelf at Your Highneſs's Feet, humbly imploring Your Favour and Patronage: For tho it hath too haſtily broke Shel, and is ſtil Callow, yet it ventures to take Wing, and fly to Your Princely Boſom for Shelter and

Pro-

Protection, rejoycing at the Opportunity it hath given its Author of rendring a Grateful Acknowledgment for thoſe Undeſerved Favours Your Highneſs hath already vouchſafed him. Particularly, I return Your Royal Highneſs moſt ſubmiſſive Thanks for introducing me into His Majeſty's Favour, and recommending me upon the account of the Succeſs I had in Curing

ring Conſumptive Perſons by a Particular Method.

That Your Highneſs would ſtil go on to Favour, and continue to retain candid Thoughts of this Great Undertaking, now almoſt Compleated; And that this Bold and Ambitious Attempt, of prefixing Your Name to this ſmal Treatiſe, may be wel reſented by Your Highneſs, is the

humble

humble Requeſt and earneſt Deſire of,

Great Sir,

Your Highneſs's moſt

Submiſſive Servant,

Sam. Haworth.

A DESCRIPTION OF THE DUKE's *BAGNIO*, AND OF THE *Mineral Bath*, & *New Spaw*, &c.

THE Design of this Treatise being onely to acquaint the World with the particular Conveniencies of the *New Bagnio*, &c. We suppose it needless to make any Preliminary *Apologie* or *Introduction* to usher it in. We shal therefore

with al possible Plainness and Brevity present the Reader with our Thoughts about it, and desire his Candid Perusal.

This *Bagnio* is erected near the West end of *Long-acre*, in that Spot of Ground which hath been called by the Name of *Salisbury-Stables*. At the Front of it, next the Street, is a large commodious House, wherein dwels that Honourable Person Sir *William Jennings* (of whose great Worth, and Services to His Majesty at Sea, not onely the King himself, but almost the whole Nation besides, is sufficiently sensible); who having obtained His Majesties Patent for the making of al Public *Bagnios* and *Baths*, either for Sweating, Bathing, Washing,

ing, &c. is the Onely Undertaker of this New Building. In this Houſe there are ſeveral Rooms ſet apart for the Accommodation of ſuch as ſhal come to the *Bagnio*; and to the further ſide of it, the Structure of the *Bagnio* is adjoyned. So that the firſt Room we enter to go into the *Bagnio*, is a large Hal, where the Porter ſtands to receive the Money. Hence we paſs thorow an Entry into another Room, where hangs a Pair of Scales, to weigh ſuch as out of Curioſity would know how much they loſe in Weigh while they are in the *Bagnio*. Thorow this Room we paſs into a large Room, called the *Dreſſing-room*: This Room hath on each ſide

ſeveral private Boxes, for Perſons to undreſs and dreſs themſelves in: The middle Walk, between the Rows of Boxes, is paved with Black and White Marble. This Room is always moderately warm, to prevent taking cold when the Body is ſtript; it is 32 Foot in length, and about 30 Foot broad; 'tis flat on the top, and covered with Lead. At the farther end of this Room is an Entry, which is ſomewhat warmer; in this Entry the Rubbers ſtand and wait, when they are not employ'd. On the farther ſide of this Entry is a Door or Paſſage into the *Bagnio* it ſelf, which is a ſtately Edifice, of an Oval Figure, in length 45 Foot, and in breadth 35. 'Tis covered

at

at the top with a high and large *Cupola*, in which there are several round Glasses fixt, to let in Light, which are much larger, and so fewer in number, than those at the *Royal Bagnio*. This *Cupola* is supported by eight Cylindrical Columns of white Stone Pillars, each of which are 20 Inches Diameter, and 16 Foot high. Between these Pillars and the Sides of the *Bagnio* is a sumptuous Walk, about 7 Foot and a half broad, quite round the *Bagnio*; so that the Middle of the *Bagnio*, within the Pillars, and just under the *Cupola*, is 36 Foot long, and 26 broad: yet the Heat within these Columns, and likewise round about them, is exactly in the same Degree. The mentio-

ned Walk in the *Bagnio* is Arched over with Brick; which Arch, with the *Cupola*, and al the top of the *Bagnio*, is covered with Lead. The *Bagnio* is paved with Marble, and in the middle of it is placed a Marble Table, which is 20 Inches high, and 6 Foot ſquare. The Sides of the *Bagnio* are covered with White Gally-tyles, and in the Wals are made ten convenient Seats, ſuch as are in the Baths at *Bathe*: there are likewiſe 14 Neeches in the Wals, in which are placed ſo many Marble Fonts or Baſons, with Cocks over them of hot and cold Water, for the convenience of Waſhing. On one ſide of the *Bagnio* hangs a very handſom *Pendulum*-Clock, which is kept

to

to give an exact Account how Time passeth away. Adjoyning to the *Bagnio* there are four little round Rooms, about 8 Foot over, which are made for Degrees of Heat, some being hotter, others colder, as Persons can best bear, and are pleased to use. In each of these little Rooms is fixt a Leaden Cistern, about 2 Foot high, 6 Foot long, and 2 Foot and a half broad: Over every of these Cisterns are placed two Cocks, the one to supply with hot, the other with cold Water. These Rooms are likewise al covered with *Cupola's*, and their Wals with Gally-tyles.

The Inside of this *Bagnio* being thus described, it's now requisite we say something of the

manner of Entertainment in it, which is as follows.

The Perſon that comes to receive the Benefit of this *Bagnio*, when he firſt enters, pays his Money to the Porter, or Perſon appointed for that purpoſe, then if he pleaſeth, he may be weighed in the Scales: whence paſſing into the Dreſſing-room, he is received by the Barbers, and preſented with a Box to himſelf, his particular Barber attending him, who immediately undreſſeth him, cauſing him to ſit down on the Squab or little Couch placed in the Box. Being thus undreſt, and his Head wrapt about with a Napkin, he hath a Linen Cloth put round his Middle, which reacheth down to his Feet, and another

another thrown about his Shoulders, which hangs like a Mantle down to his Middle, he hath a pair of Slippers given him, and ſo paſſeth to the Entry of the *Bagnio*, attended by his Barber, where he is met by a particular Rubber deſtin'd to wait on him, who bringing him a pair of Wooden Clogs, which he changeth for his Slippers, introduceth him into the *Bagnio*, and then leaves him to walk about, or ſit down on one of the Seats, or elſe lye along upon the Marble Table, which beſt pleaſeth him. Thus, obſerving the Clock, the Perſon may continue as long as he wil: If he purpoſeth to ſweat much, and deſireth a greater degree of Heat, he may walk into

one

one of the little Rooms designed for that purpose; and if he finds himself almost overcome, or ready to faint, he may pass thence into another of these little Rooms on the other side of the *Bagnio*, which is much cooler, and there find present Relief; or, if he please, he may cal for a Bottle of a *Diaphoretic Liquor*, which our *Apothecary* hath always in readiness, which is a very pleasant Cordial, and wil both prevent Fainting, and quickly restore him from it if he already faint, and likewise much promote his Sweating. After he hath been in about an Hour, more or less, he cals for his Rubber, who first causeth him to sit down in a Chair, over against one

one of the Stone Basons in that *Bagnio*; there with his Hands he artificially rubs him over, beginning with the Arms, then the Legs, afterwards the Back, and then the Breast and Belly: Hereby he fetcheth off much Scurf; which before stopt the Pores, and so hindred those Sluces of Perspiration from sending forth those Heterogeneous Particles which Nature deems not fit to remain mixed with that wholesom Liquor the Blood, and therefore endeavours to throw them off that way. After this, to make the Parts more pliable, the Rubber stretcheth every Limb of the Body, and distends every Joynt in each Limb; then he throws warm Water upon him,

and

and waſheth his Body all over, and hereby renders him white and clean. Having thus done, he takes him into a little Room, which is a Degree colder; there he rubs his Body al over with a Hair-Chamlet Glove, which gently ſcratcheth the Body, and is exceeding pleaſant to the Senſe; the particular Uſe and Benefit of which, we ſhal relate in the Sequel of this Diſcourſe. After he hath continued this pleaſant ſort of Friction for ſome time, more or leſs, as the Perſon deſires it, he fetcheth a Baſon of a Perfumed Lader, with which he waſheth the Body al over; this, the Rubber tels you, he finds at his own Charge: The Body being waſhed hereby, retains

tains a very grateful and pleaſing Scent. This being finiſht, he rinſeth the Body with Water, and then fils the Leaden Ciſtern, ſetting the Cocks of hot and cold Water both running, whereby the Ciſtern is ſoon filled with Water moderately warm. The Cocks being then both ſtopt, the Perſon is deſired to lie or ſit in the Ciſtern of Water; and the Cocks being at his Hand, he ſets the cold Cock a running, which renders the Water in the Ciſtern gradually colder and colder: Thus he cools himſelf at pleaſure; and when he thinks himſelf cool enough, freſh Linen is brought him: He then walks to the Door of the *Bagnio*, where his Barber meets him with

a pair of Slippers, and a long white Linen Frock; which having put on, he is again conveyed to his Box, where lying along upon the Couch, he is with fresh Linen wiped dry, and covered with Clothes for some time, where he lies till he is desirous to dress: The Barber then brings him his Shirt warmed at the Stove, which is at one corner of the Dressing-room; having put on his Shirt, he helps him on with his Clothes, and then brings him his Shoes ready clean'd: Having put on his Clothes, Shoes, and Stockings, he shaves him, if he desires it. The Person then repairs to the Scales, and sees what he has lost; and then leaving the *Bagnio*, he betakes himself

himſelf to his Pleaſure or Buſineſs, finding himſelf as brisk, active, and vigorous, as if he had juſt skipt into the World, and never wearied his active Members by any Exerciſe or Occupation.

The ſame Reception and Entertainment do alſo Women find, only with this difference, *viz.* On Womens Days there are all imaginable Conveniences of Privacy, and not a Man to be ſeen; but all the Servants are of the Female Sex, and ſuch as are not only neat and cleanly, but likewiſe skilful and dexterous in the Buſineſs they have to do. They likewiſe uſe a Water which affects the Skin with an admirable Whiteneſs and Clearneſs, with

with which they wash the whole Body, but especially the Hands, and Face, and Neck; whereby much Lustre and Beauty is added to those Parts. The Days appointed for Men are *Mundays*, *Wednesdays*, *Thursdays*, and *Saturdays*; those for Women are *Tuesdays* and *Frydays* only.

Having thus described the Inside of this *Bagnio*, and given a concise *Specimen* of the Manners and Customs appointed for the Accommodation of such as shall frequent it; it is altogether requisite we should give as short an Account as may be of the Particulars belonging to it, especially the *Bath* and *Waters*, before we relate the singular Use and Vertues of them all; which take as follows. On

On the East side of the *Bagnio* there is a *Coffee-house* fronting the Street, with this Inscription upon the Sign, *THE DUKES BAGNIO COFFEE-HOUSE.* Near the end of this *Coffee-house* is the great Gate, which opens into a large Court-yard, convenient for the receiving of Coaches: In this Court-yard is visible the Front of the *Bagnio*, having this Inscription upon it, in Golden Letters, upon a Carved Stone, *THE DUKES BAGNIO.* On the left hand of the Yard, over against the *Coffee-house*, is a very convenient Building, erected for the Accommodations belonging to the *Bath*; on the outside of which is inscribed in like manner, *THE DUKES*

BATH. This Building is about 42 Foot broad, 21 Foot deep, and three Story high. There are in the lower Story, or first Floor, several Partitions: On the West side of it is a narrow Room for a *Laboratory*, in which are Chymic Furnaces, Glasses, and other Instruments necessary for making the *Bath-Waters*. At the East end a Door opens, thorow which Persons that come to the *Bath* first enter into an Entry, and then turn on the Right-hand into a convenient Room appointed for their Reception; and on the further side of this Room a Door opens to the *Bath*, round about which, within the Partition, is a Place for the Friends or Servants attending such as go into

into the *Bath*, to ſtand, who may lean over, and ſee thoſe that wade in the Waters. At one Corner of the *Bath* are five or ſix Steps down into the Water. This *Bath* is about 10 Foot long, 7 Foot broad, and 5 Foot deep; tho it ſeldom or never is ful quite up to the top: It holds about 10 Tun of Water, according to the Rules of Gaging: On the further ſide of it are Seats in the Wall, ſuch as are in the *Baths* at *Bathe*: At one corner of it is a large Pipe, to let in Water upon occaſion; and alſo a Cock ſomewhat ſmaller, which is conſtantly running to ſupply the *Bath* with Water. There is likewiſe another ſmal Cock, and ſeveral Veſſels adapted for our

purpoſe, thro which thoſe prepared Liquors paſs which impregnate the VVater, and cauſe that Heat and Ebullition which appears immediately after their mixture with the Water. The *Bath* is hereby kept continually hot to an exact Degree, and is impregnated by the very ſame Mineral Principles wherewith the Natural *Baths* are; only in this *Bath* they are more pure, being ſeparate from al noxious Fumes, Arſenical Particles, and other poyſonous and unwholeſom Mixtures: So that this Artificial *Bath* is much ſafer and better than any Natural ones; for (not to leſſen the Eſteem of Natural *Baths*, they being extraordinary Bleſſings which God hath

hath conferred upon ſome Countries) in Natural *Baths* there is much of Contingency and Caſualty; and 'tis almoſt as probable that the Currents of Water in the Bowels of the Earth ſhould fal upon a poyſonous, as upon a wholeſom or innocent Mine; and ſo may almoſt as ſoon be impregnated with Antimonial, Arſenical, or Mercurial, as with Sulphureous, Nitrous, or Vitrioline Particles. Hence ſeveral *Baths* in *Europe* do retain ſuch deadly and pernicious Qualities, that none dare to enter them: Others, tho frequented, are in ſome meaſure hurtful and deſtructive: And there is no Natural *Bath* in the World but hath ſome unwhole-

ſom Particles ſwimming about with the numerous Sulphureous ones.

On the Right-hand coming out of this *Bath* is a little ſquare Room, accommodated for the wiping and wrapping ſuch Perſons as uſe the *Bath*; which Room is kept moderately warm by the Heat of the *Bath*. At the end of this Room there is a Door into the Entry, and at the end of the Entry a pair of Stairs up to the Chambers above, where there are Beds, Fires, and al manner of Neceſſaries for ſuch as bathe. There are likewiſe Garrets for Servants Lodgings, and other Conveniencies.

The Manner and Circumſtances of Bathing are theſe. The

Perſons

Persons desiring to use the *Bath*, whether one, two, three, or more, first come directly to the *Bath*-house, thro the Court-yard adjoyning to the *Bagnio* and *Bath*, and, by a Servant appointed for that Business, are conducted into the common Room of Reception, who having received their Money, either taketh them into the private Room at the end of the *Bath*, or else up Stairs, if they desire it, and there undresseth them: After they are stript, he puts on them a Canvas Shirt or Shift, gives them a pair of Clogs, and so leadeth them to the *Bath*. If they are feeble, and unable to help themselves, they have a Guide enters with them; otherwise they go in without.

When they are in, they either walk about, or ſit down on one of the Seats in the *Bath*, which Seats are ſome higher and bigger, ſome lower and leſſer, for the Convenience of tal and ſhort, great and ſmal Bodies. They continue in the *Bath* as long as they pleaſe, or ſo long as their Phyſician, if they conſulted any, adviſed them. They have alſo, while they are in the *Bath*, offered them by the *Apothecary* a Bottle of the mentioned *Diaphoretic Cordial Liquor*. During the time they ſtay in the *Bath*, they either divert themſelves by talking with their Friends or Servants about them, or elſe by taking notice of the ſomewhat ſtrangeneſs of the great Ebullition

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tion and Heat which now and then by Intervals they will perceive to be cauſed by the abovementioned Mixtures: Alſo, if they pleaſe to order the Windows to be ſhut, and ſo the *Bath* darkned, the Surface of thoſe Veſſels wherein the Mixtures are made wil appear Light and Flaming, and ſeveral ſhining Vapors or Exhalations wil be ſeen to aſcend, in the manner of Fiery Meteors; which *Phenomena* are cauſed by the avolition of the Sulphureous *Aporrhea* or Fumes from the Mineral Principles of this *Bath*, and are ſomewhat pleaſant to behold: So that altho the great Virtues and admirable Qualities, beſides the Cleanlineſs of it, is the main Inducement

ment to perſwade Perſons to make uſe of it; yet theſe Curioſities being for Diverſion-ſake worth obſerving, I thought fit to mention them in the Deſcription of the *Bath*, intending by and by to inſiſt upon the peculiar Vertues and Qualities of it.

Therefore to return from this Digreſſion, and proceed in what is yet behind, in reference to relating the Manner and Circumſtances of Bathing. The Perſons in the *Bath* having continued there as long as is thought convenient and neceſſary for this time, they come out, being handed up by a Servant, and entring the adjacent little Room, they are wiped dry, a Shirt or Shift and Gown is put on them, and

and hence they are either conveyed into warm Beds prepared for them in the Chambers, or elſe they are carried in a cloſe Chair to their own Lodgings near the *Bath*, ſuch as they ſhal chuſe for themſelves.

Women likewiſe two Days every Week are here received with al Decency and due Reſpect, by Perſons of their own Sex, ordered to attend them. There is alſo one Day appointed in every Week for a particular *Bath* prepared for Children in the *Rickets*, very effectual in that Diſtemper, as wil appear in the following Part of this Treatiſe, and likewiſe by the Experience of ſuch as wil have occaſion to ſend their Children to it.

But

But to avoid being prolix, I ſhal now (having given this ſummary Account of the Particulars belonging to the *Bath*) in as few Words as may be, give a Deſcription of the *New Spaw*.

This *Spaw* is a Well of Medicinal Waters, artificially made, by Mineral Principles, conveyed into the Earth by appropriated Veſſels, there ſpringing up in a ſufficient Quantity to ſupply al Perſons that ſhal have occaſion to drink them. Their Colour is clear and tranſparent, their Taſte ſweet, and ſomewhat ſtiptic; they turn Purple if mixed with Gals, and are reduced to Tranſparency by a few Drops of Spirit of Vitriol: Oyl of Tartar *per Deliquium* will curdle and turn

turn them White, and Spirit of Vitriol wil reſtore them to their former pellucid Colour. The Wel is covered over with Stone, with a Figure upon it, and other Carved-work about it: It hath a ſmal Iron Door, which is kept lockt, and opened only by the Perſon that draws the Water. This Wel is made cloſe to the Wal of the *Bath*-houſe, in the Yard, about the middle of that Building; and 'tis encompaſſed on the Yard-ſide with tal Pallizadoes, in which there is a Door made for the Perſon that draws the Waters to paſs to the Wel, and likewiſe a Window, out of which the Waters are to be delivered to thoſe that want them. Near to theſe Pallizadoes is a lit-

tle

tle Room, for Persons to sit in that drink the Waters. There are also al other convenient Accommodations for the Drinking these Waters, as Bottles, Cups, Glasses, &c.

This is all I thought necessary to relate in reference to the Description of the *Bagnio*, the *Bath*, and *Spaw*. The subsequent Part of this Tract is to be spent in mentioning the great Vertues, Effects, and Qualities of them all: And we shall begin with the Use of the *Bagnio*.

Amongst the many excellent Helps and useful Inventions wherewith the Industry of Ancient and Modern *Physicians* hath supported the tottering Fabric of Mens Bodies, the Practice of

Bagnios

Bagnios deſervedly claims an honourable Mention, and juſtly challenges a venerable Eſteem. And indeed if we conſider how long they have been known to the World, it cannot be ſuppoſed (without a manifeſt Reproach to the Judgment of the Learned in ſo many Ages, who having often experienced the great Advantages they have received by them, took care to hand them down to our Times, and recommended them to the Uſe of ſucceeding Generations) that their Uſefulneſs is not found to equal the Character which they have always given them, and which we now contend for.

Beſides, when we remember how nearly Art reſembles Nature

ture in this sort of Administration, we have no reason to question such considerable Effects from Means so highly probable; for, as 'tis generally acknowledged, that by observing the singular Benefit some have received by involuntary Bleeding at Nose, some at the *Hemorhoids*, others in other Parts, we were first directed to take up the Lancet, open a Vein, and cal in the Assistance of *Phlebotomy*; so 'tis not unlikely, that the Ancients taking notice of the great Relief some have found after Critical Sweats, by a free Transpiration of the Fuliginous Parts of the Body thorow the Pores, received the first hint of attempting the like Evacuations by Artificial

Baths

Baths or *Bagnios*, thereby powerfully assisting the weakness of sluggish Nature, in throwing off the offending Matter. We need not look back so far as to the Times in which *Rome*, when Mistris of the World, boasted of near 200 beautiful Structures erected for this purpose; since the present Practice of the *Turks* obviously presents it self to our Consideration; the Wisdom of whose Governours hath thought fit to provide such Accommodations in all the principal Places of that vast Empire, and endow them with large Revenues: Nor do they think their Charge and Trouble in erecting these *Bagnios* lost; for they apparently find themselves much recruited

and invigorated by the frequent use of them; as likewise several Distempers are hereby prevented. It's rare to see any there afflicted either with *Gout*, *Dropsie*, or *Rheumatisms*; the Reason of which can be ascribed to nothing so much as this wholesom Custom of using *Bagnios*.

Not only in *Turkey*, but also in several Parts of *Europe*, the use of *Bagnios* is much esteemed of; particularly in several Parts of *Hungary*, *Germany*, *Sweedland*, *Denmark*, *&c.* where they are in great request.

Now if *Bagnios* are thus useful, the frequent Sweating in them so beneficial; if they are so much in request abroad, and found to be of such extraordinary

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ry Advantage to Kingdoms, why ſhould we exclude them? 'Tis matter of great wonder to me, that in this pregnant Age, when almoſt every Art and Science (but more particularly the Noble Faculty of *Phyſick*) hath been more improved than in ſeveral preceding Generations, and almoſt al ingenuous uſeful Inventions, whether found out in *Europe*, or any other Parts of the World, have been brought into immediate Uſe and Practice, that ſo admirable an Invention, and ſo publicly known in other Parts, was not thought on in *England* till about four Years ago. Certain I am, that if the real Vertues and Benefit of frequenting *Bagnios* were wel

known and believed by the generality of the Inhabitants of *London* and *Weſtminſter*, 'tis not the *Royal* and the *Duke's Bagnio* would be able to receive the twentieth part of thoſe that would crowd in upon them. But ſuch is the remiſs, careleſs, and negligent Humour of the Inhabitants of theſe Ilands, that they think not of preventing Diſtempers til they come upon them, and then they ſmart for't. There is no Part of *Phyſic* ſo much rejected and forgotten, as the *Prophylactic* or *Hygieinal*, which is the Preſervative Part, tho no one Part of *Medicine* ought to be more reſpected. To this very end Mr. *Boyle*, the Mirrour of our Age, hath prompted

us to this Study, in his *Uſefulneſs of Natural Philoſophy*, *Part* 2. *Eſſay* 4. Now that *Bathing* and *Sweating* is uſeful in the *Prophylactic* or Preſervative, as well as in the *Therapeutic* or Healing Part of *Phyſic*, is evidently enough demonſtrable. For nothing tends more to the preventing of Diſtempers, and ſo, *ex conſequenti*, for the preſerving of Health, than the aſſiſting of Nature in throwing off what is offenſive to her, and incongruous with her Balſamic Crimſon Liquor, and other deputrated Juices. The Pores of the Body, which are the Out-lets of thoſe unwelcome Gueſts, are ſoon obſtructed, by the conſtant and ſucceſſive thronging forth of

Effluviums by insensible Perspiration, some of which are glutinous, or rather crooked, and so hang in their very *exit*, by which others are afterwards stopt in their passage, and so in time several Pores of the Body are almost quite clogg'd, and Nature many times put to a force to burst them open: In the mean time several of these pernicious Corpuscles, which the Blood would otherwise transmit thorow those Pores, finding no passage into the open Air, at the yet too weak repulse of Nature, are hurried about again by Circulation, and hereby oftentimes such irregular Motions in the Blood created, by Natures strenuous endeavour to throw them off, by a kind

kind of abhorring violence and impetuosity, that the genuine Ferment, and slow and moderate Motion of the Blood, is exalted to a rapid Motion and furious Ebullition, and so many times fatal and destructive Maladies are created; all which, by the moderate use of *Bagnios*, might be prevented. And this is the reason why the *Turks*, and the Natives of other Countries that have the frequent use of *Bagnios*, are seldom sick, and live to a prodigious Age, because constant Perspiration being hereby promoted, the very Seeds of Distempers are thrust out, and the Enemies of Nature quite exterminated; so that Nature having nothing heterogeneous, or

contrary to the Principles of Life, ſhe performs her proper Functions with the greateſt regularity to a competent Old age. The Body then reſigns not by being overcome by any Diſtempers, but becauſe its Organs are quite worn out and impaired by their long Exerciſe, and ſo unfit and unable for longer Service. We may mention the Uſe of *Bagnios* not only in preventing Diſeaſes, as we have juſt now evinced, but alſo in curing and removing ſome particular Maladies and Infirmities. What can be preſcribed better for a new-taken Cold, than to ſweat moderately in a well-tempered *Bagnio?* For, as the Sulphureous and ſticking Particles of the Blood

Blood do ſometimes hang together in their Paſſage from the Body, and ſo obſtruct the Pores; ſo it is alſo undeniable, that frigorific and cold Particles, which ſwarm and glide about in the fluid Air, eſpecially in Winter, darting upon the Body expoſed to the Air, do often ſtick in the Pores, and ſo hinder Perſpiration, and hereby occaſion very bad Effects, and perplexing Symptoms in the Body. Now it is not only highly probable, and eaſie to imagine, but certainly the Effect and Product of daily Experience, that theſe pernicious cold Particles are ſoon driven away and put to flight by the calorific or hot Particles, of which there are enow floating or

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rather jumping about in *Bagnios*. Cold Particles have likewiſe other hurtful Effects upon the Body, beſides ſecluding the Pores; which is by entring the Body, and mixing themſelves with the Blood, and hereby cauſing *Coughs*, *Catarrhs*, *Defluxions*, *Hoarſneſs*, *Quinzies*, *Pleuriſies*, *Fevers*, *Rheumatiſms*, *Pains*, *Headaches*, *Toothaches*, *Deafneſſes*, &c. All which direful Maladies are prevented, if the Party ſoon after taking Cold enter a *Bagnio*, the Heat expelling thoſe Particles which are the Cauſes of the mentioned Evils.

Another Uſe of *Bagnios* may be to recruit the Body after a tedious and wearifom Journey; for if a Perſon coming off ſuch

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a Journey do immediately make use of the *Bagnio*, it presently refresheth him, prevents Stiffness of the Limbs, and renders him as fit for Business the next day, as if he had never travelled.

To what hath been said, I may add, That Sweating is useful in Surfeits gotten by Fruits, Meats, Wines, and other Strong Liquors; by causing the Blood to throw off and separate that which being mixed with it, gave it the Surfeit: For which reason it is very proper and benficial for such as drink hard, to make frequent use of *Bagnios*.

Bagnios are likewise many times helpful to such as have *Old Pains* and *Aches*, and also newly contracted *Rheumatisms*.

Farther

Farther we have to add concerning the Benefit of *Bagnios*, That the Friction or Rubbing uſed in them is of extraordinary uſe to Humane Bodies, as wel as the Sweating: For hereby the Circulation of the Blood in the ſmal Capillary Veſſels is exceedingly promoted, and the narrow Ducts and Paſſages in the extreme and ſuperficial and cutaneous Parts of the Body, wherein the Blood and other Liquors are often coagulated, or thoſe Veſſels ſtopp'd by other Accidents, are hereby opened; the tender Nervous Fibres are alſo hereby rubb'd up and ſtimulated to perform their Exerciſe. So that many and conſiderable are the Advantages of ſo little

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and unthought-of a thing as *Friction.* And this is not only my bare Opinion, but the Opinion of ſeveral Learned Authors. *Galen* in ſeveral places of his Works highly commends *Friction*; particularly, in *Lib. de Artic. cap.* 81. he ſaith, *Frictiones reddunt Fibrarum ſubſtantiam pleniorem, Carnium vero validiorem*; *Frictions render the ſubſtance of the Fibres fuller, the Fleſh more firm.* Alſo *Lib. de Offic. cap.* 25. he ſaith, *Frictio moderata nutrit*; *Moderate Friction nouriſheth.* We have not only the Authority of *Galen* for the abetment of our Aſſertion; but likewiſe ſeveral Modern Authors do teſtifie the ſame.

The Lord *Verulam*, in his *Hiſtory*

ſtory of Life and Death, looks upon *Touch* and *Friction* as a great Medic Branch, and effectual Cure of many Diſeaſes and Infirmities; That Motion and Warmth (which make up *Friction*) draw forth new Juyce and Vigour into the Parts; and that they alſo contribute much to the Prolongation of Life, *&c.* See his *Hiſtory of Life and Death*, *Hiſt. 6. Sect. 3. & in Canon* xiii.

Mr. *Boyle*, in his *Uſefulneſs of Experimental Philoſophy*, *Part* 2. *c.* 15. compares the Bodies of Animals to Engines, whoſe diſtant Parts may be altered much for the better or worſe, by Impreſſions upon ſome other Part, by Motions confeſſedly Mechanical: He alſo tels us how much the

the wel-dreſſing and Currying of a Horſe contributes to his Thriving; that he ſhal look better by ſuch wel-ordering, than with twice the quantity of Corn without ſuch care taken of him; That the *Braſilian* Emperics, tho otherwiſe very unskilful, do ſtrange things in the preſerving of Health, and removing Diſeaſes, by ſuch means; curing Cronic Diſeaſes by Friction, Acute ones by Unction.

You may ſee more among Dr. *Beal*'s Communications concerning the Cure of Excreſcences and Wens by the Touch of a Dead Man's Hand, and Friction; and of ſome that would cauſe Vomiting or Purging by different Stroking, and give eaſe

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in the *Gout*; as also the Benefit an old Gentleman received, having his Feet lickt by a Spaniel. Of which see at large in *Philosophic Transactions*, *N.* 12. *p.* 206, 208. for the Year 1666.

'Tis likewise credibly reported, and I am apt to believe it, That Mr. *Hobbs*, who lived to a great Age, was a great Admirer of Frictions, and oftentimes imploy'd his Man to rub him down with a course Cloth, if not constantly.

It's also more than probable, That many great Cures which have been done by some Private Persons, who have been Famous for Stroaking or Rubbing the Parts, and have been thought to have had an Extraordinary or Divine

Divine Gift or Happineſs that way; have oftentimes been no other than the natural Effects and Conſequents of *Friction*.

'The Famous *Van Helmont* 'tels us, That he himſelf could 'by the Milk of an Aſs tel whe-'ther ſhe had been that day di-'ligently Curried or no. Now 'ſo conſiderable an Alteration in 'Milk, ſhould methinks ſtrongly 'argue, that a great one is in the 'Blood, or other Juyce of which 'the Blood is elaborated, and 'conſequently in divers of the 'principal Parts of the Body, 'which muſt have preceded it. Now there being ſo ſenſible an Alteration made in the Body of a Brute by meer Currying, how much more Benefit and Advan-

tage must needs accrue and redound to the Body of Man by accurate *Friction?*

Thus we have endeavoured to demonstrate the great Use and Benefit of *Bagnios.* Now that this ample and spacious Structure of the *Duke's Bagnio* doth not fal short of, but rather exceed most of the *Bagnios* in *Europe*; is the Assertion of al Travellers that have yet seen it.

That which next occurs to our Consideration, is the Use and Benefit of *Baths*, and particularly of this *New Artificial Bath.*

Not undeservedly have *Natural Baths* been applauded by the most Eminent and Learned *Physicians* of many successive Generations;

rations; neither hath the general Esteem of the Vulgar for them, for so many past Ages, been meerly the Fruits of Fansie, without Ground or Reason, since the multitude of Cures that have yearly been effected by the Use of them, hath been a sufficient *Manifesto* of their great Virtue and Usefulness.

Never was the Use of *Baths* so much in vogue in *Europe* as now. The most Renowned, and those that indeed excel al other *Natural Baths* in *Europe*, are those of *Hungary*, at *Glas-Hitten*, an *Hungarian* Mile from *Schemnitz*: There are five very convenient *Baths*, with handsom Descents into them, and covered over with large high Roofs. *Dr.* Brown's *Travels.*

Theſe *Baths* are exceedingly frequented, by reaſon of the extraordinary Cures that are done by them. Alſo at *Eiſenbach*, which is four *Engliſh* Miles from *Glaſ-Hitten*, are two very commodious *Hot Baths*, which are very much frequented. Not only in *Hungary*, but likewiſe in *Germany*, *Natural Baths* are highly eſteemed, and much uſed: Particularly thoſe of the famous City of *Aken* are much celebrated in many Parts of *Europe*. They were found out in the Year of our Lord 53. by one *Granus*, a Noble *Roman*, who adorned them after the manner of the *Roman Baths*, and built a Noble Habitation near them, part of which is ſtil to be ſeen, retaining

retaining the Name of *Turris Grani*. Hence likewiſe theſe *Thermæ* are ſtil called *Aquæ Graniæ*. Within the Wals of this City are three *Baths*, *viz.* the *Emperour's Bath*, the *Little Bath*, and the *Bath* of *St. Quirinus*. The *Emperour's Bath* was very large, but is now divided by Partitions into ſeveral Bathing-rooms. This is that *Bath* in which *Charles the Great* formerly took ſo much delight, that he ſpent the latter end of his Days here, and would frequently ſwim in it, and invited abundance of his Friends to this *Bath*, ſo that a hundred at once did frequently enter it. There are likewiſe other *Baths* about this City, as the *Bath* of *St. Cornelius*,

the *Roſe-Bath*, ſo called from Mr. *Roſe*, a Citizen, that built it; alſo the *Compus Badt*, or *Poor Mans Bath*. Theſe are eſteemed to be *Sulphureo-Nitrous*; their Smell is offenſive, and Water not tranſparent. About a Furlong from the *South Bath* of *Aken* is a Village called *Borſet*, where there are Twenty eight *Baths*, each of them holding Fifty Tun of Water, and all of them frequented.

In *Auſtria*, at *Baden*, are Fourteen very ſumptuous and delightful *Baths*, al of them wel beautified, and much reſorted to.

The *Turks* alſo make great uſe of *Baths*, as wel as *Bagnios*; and do moſt of any Nation

beautifie their *Baths*, and always build large *Cupolas* over them.

We may likewiſe mention the *Hot Waters* at *Bourbon* in *France*, the uſe of which in Bathing, as wel as Drinking, have given ſuch ſatisfaction to the World of their ſingular and admirable Qualities, that Perſons from al Parts of *Europe* do throng and flock thither for the ſake of Bathing in them. Thus we ſee how Forrein Parts prove exemplary to us in the frequent uſe of Bathing.

'Twil not be amiſs now to mention ſomething concerning the *Natural Baths* in our own Native Country. Thoſe that are moſt known and frequented, are thoſe of *Bathe* in *Somerſetſhire*, which were ('tis ſaid)

found out by one *Bladud*, King of the *Britans*, about 900 Years before *Christ*. This *Bladud* was sirnamed *a Magician*, and was counted by the Common People to be a Conjurer, tho al that he did to deserve that Character, was nothing but the Effects of his Learning and Ingenuity.

Guidet of Bath. The *Baths* of *Bathe* are in number chiefly three; the *King's*, the *Cross*, and the *Hot Bath*; the *Queens* being but an Appendent to the *King's*, as the *Lepers* to the *Hot Bath*.

The *King's Bath* is about 58 Foot long, and 40 Foot broad: The *Queens*, 25 Foot long, and 24 Foot broad: The *Cross Bath*, 24 Foot long, 19 Foot over Northwards, and 12 Foot over

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on the South: The *Hot Bath*, 30 Foot long, 13 Foot broad. If we reckon by Gage, we find that the *Kings Bath* contains about 314 Tun of Water; the *Queens* 81 Tun 3 Hogſheads, the *Croſs* 53 Tun, the *Hot* 54 Tun. Theſe *Baths* are much frequented in the Summer; yet not ſo much as they would certainly be, if due Obſervation was made, and notice taken of the many Cures are done by them, and the admirable Virtues of them. But for what farther might be mentioned of theſe *Baths*, I refer the Reader to Dr. *Jorden* of *Natural Baths*, and *Guidot*'s Diſcourſe of *Bathe*, and the *Hot Waters* there.

Another admirable *Bath* in *England*

England is the *Sulphur-Bath* at *Knaisbrough* in *Yorkshire*, the extraordinary Virtues of which, as the Cauſes of its Heat, are accurately diſcuſſed by that Ingenious *Phyſician* Dr. *William Simpſon* (lately deceas'd) in his Diſcourſe of this *Bath*, adjoyning to his *Zymologia Phyſica*, or a *Philoſophic Diſcourſe of Fermentation*.

It might now be expected we ſhould ſay ſomething of the Cauſes of Heat in the *Hot Baths*, and of the particular Minerals wherewith they are commonly impregnated; but the Largeneſs of that Theme will not agree with the Brevity which we have reſolved to limit our ſelves unto, and therefore I ſhall not enter upon it. Nor

Nor ſhal we launch out to relate the Virtues of particular *Natural Baths*, but only betake our ſelves to declare the Uſe of this *New Artificial Bath*, by giving an Account of the ſeveral Diſeaſes that it may ſafely and ſucceſsfully be preſcribed for.

Only let us premiſe thus much, to take off whatſoever prejudice the Reader may poſſibly have entertained againſt an *Artificial Bath*, That there can be no Reaſon in the World alledged, why *Baths* may not by Art be prepared with the ſame *Mineral Ingredients* that the *Natural ones* are impregnated with, which ſhal equal, if not exceed any of them al. The Reaſon may be this, That there are no

Metals

Metals in the World but by Art may be ſo prepared, as that the prepared Particles of thoſe very Metals may be mixed with Water, and ſo the particular Virtues of thoſe Particles communicated to the Water. Secondly, There are no Saline, Aluminous, or Eſurine Particles in the Body of the Earth, which, impregnating Water, render it able to prey upon and diſſolve the Metals or Mineral Sulphurs there, but what may be obtained or prepared by Art, or ſomething analogous to them. Thirdly, There are no *Natural Baths* in the World but have ſome Arſenical, Antimonial, or elſe ſome other unwholeſom offenſive Particles, mixed with the more wholeſom and

and powerful Principles of it, which render thoſe Waters leſs helpful and effectual in routing thoſe Maladies for which they are preſcribed. But this *Artificial Bath* conſiſts of Principles moſt refined and depurate, and ſo conſequently moſt innocent and effectual: For whatever is poyſonous and pernicious to the Nerves, is abſtracted and ſeparated from them; but whatever is purely Sulphureous, Balſamic, and agreeable to the Nerves, is added to them. Beſides, our *Bath* is much more convenient than the *Baths* at *Bathe*, it being within-doors, and covered, ſo that Perſons need not fear the bad Effects of being expoſed to the open Air. This likewiſe ren-

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ders our *Bath* useful in Winter, as well as in Summer. Another Convenience of it is, that it is at *London*, whither the numerous Diseased Persons, that either have not Money, or Strength to travel down into *Somersetshire*, may here be accommodated with small Charge or trouble, and that altogether to as much purpose.

We shal now mention the *particular Distempers* in which this *Bath* gives immediate Relefe: And that which first occurs, and hardly admits of any Relief from any other Means than *Bathing*, is the *Palsie*. This it doth by opening the Pores of the Body, absolving the Nerves from their Obstruents, dinting the Acrimony and Sharpness of the

the *Serum*, diſſolving coagulated Blood, and giving Current to that fluid Balſam of Life, and at length reducing the Nervous and Membranous Parts to their due Order and Tone. For the ſame Reaſon this *Bath* is likewiſe very effectual in *Convulſions*, *Cramps*, *Epilepſies*, *Pains*, *Numbneſs*, and *Lameneſs in the Joynts*, and al other Affects of the *Nervoſum genus*, which are cauſed by the various Seiſures of pungent, acid Particles upon the Nerves, hereby firſt vitiating the Nervous Juyce, and then cauſing Contorſions in thoſe tender Veſſels, whereby their Tone is altered, contracted, or relaxed. Now as theſe Nervous Maladies are created by the prevailing of

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ſupervening Acids, reſulting from ſome ſpurious inordinate Fermentation upon thoſe Animal Chords, and ſo cauſing *Obſtructions, Contractions, Relaxations, Coagulations, &c.* ſo, in order to their Cure ſuch Remedies are to be ſought after as may dint, alter, and dulcifie ſuch kind of Acid Particles, and thence may looſen the contracted, ſmooth and make even the contorted, and ſtrengthen the relaxed Nerves; yea, and may every way anſwer the Indications of the depraved Tones of thoſe Animal *Pendulas* or Vital Strings, whereby the impriſoned Spirits may again be ſet free, and all the Animal Functions be reſtored to their priſtine State. Now of this

this ſort is our *New Artificially-prepared Bath*, which by correcting the Acids, ſupples and ſoftens the contracted, ſtrengthens and binds up the weak, and very much repairs the depraved Tone of the *Genus Nervoſum*. We may alſo add under this Head, the *Stiffneſs of the Limbs and Joynts, Contractions of the Tendinous and Muſculous Parts*: For theſe outward Maladies being cauſed thro ſome rejected Acids, which wanting a due Fermentative motion to give them wing by Perſpiration, are coagulated or hardned in the external Parts: By this *Bath* the Pores being opened, and they diſſolved and put into Motion, are either ſweetned, or carried off.

We may likewise here mention, That this *Bath* may be used in *Atrophyes* or *Aridulas*, *Witheredness of one or more Parts*; for by helping a fresh Fermentation of the Blood, it may force its passage into the otherwise deserted Parts, and thereby become capable of distributing an equal Nourishment to every Part.

The next general Distemper that this *Bath* is proper for, is the *Gout*. O, what direful Pains, what wracking Dolours do some undergo, by means of this cruciating Malady! How are some (otherwise stout and undaunted Persons) forced to cringe, stoop, and cry out, when this Tyrant begins to teize them? Now nothing

thing more safe and speedy to give ease in these horrid Torments, than to enter into this *New Bath:* It immediately dints that Fermental *Acor* impreſt upon the *Synovia* of the Joynts, so easily communicable to the adjacent Nerves: For this Distemper, as wel as the forementioned Maladies, is chiefly determined and specificated by Acid Particles fixt and coagulated upon different Humours and Parts. Now it is the essential Efficacy of a subtilized Sulphur (and such is the chief Principle of our *Bath*) to dint Acids, and to resolve such as are coagulated; so that by the Use of this *Bath* I doubt not but Persons will find so much Alleviation of these previous

Symptoms, and ſuch a Mitigation of the Severity of a future Fit, as that it wil ſoon need no Pen to commend it, or Tongue to aſſert its Uſefulneſs. Under this Head may be added, *Rheumatiſms*, *Sciaticas*, *Old Pains* and *Aches*, *Strains*, and other Griefs, here too tedious to relate; all which Affects may be removed, or at leaſt in a great meaſure leſſened, by the uſe of this *Bath*.

The next grand Malady for which the frequent uſe of *Baths* is proper, is a *Scorbutic Laſſitude*, *Debility*, *Sloth of Limbs*, *Drowſineſs*, *Obtuſeneſs of the Internal Senſes*, and other liminary Symptoms of the *Scurvy*. Moſt of the Affects which are the Buds of that reigning Malady the

Scurvy,

Scurvy, do depend on the Intemperature of the Animal Spirits, not being potent enough to perform their Offices with alacrity, to which their accuſtomed juſt Temperament is abſolutely requiſite. Now by moderate Bathing the Animal Spirits are quickned, the Nerves cheriſhed, and all Obſtructions and Remoras to their ſpritely Motion taken away, and ſo theſe unwelcom Symptoms quite removed. The Blood and Humours are likewiſe hereby purified: and ſo the *Bath* becomes alſo uſeful in other Symptoms of the *Scurvy*, as *Spots*, *Blotches*, *Elephantiaſis*, and other Scorbutic Impurities of the Blood: For by Bathing in this *Bath* there are procured

moſt excellent moderate Sweats, whereby the impure Acid Particles (which are precipitated or cut off from the Blood in its Circulation, and topically fixt upon this or the other external Part) are looſened, diſſolved, or mortified.

The next General Uſe of this *Bath* which we deſign to mention, is for Womens Diſtempers; particularly, *Barrenneſs*, *Pronenels to Miſcarry and not retain*; *Diſtempers of the Womb*, *Obſtructions of the Natural Courſes*; al which Diſtempers this *Bath* is very uſeful for: But for Modeſty ſake, being unwilling to diſguſt the Ladies, we ſhal omit inſiſting on them; tho we reſolved to mention them, that they might not

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plead Ignorance in the great Virtue and Efficacy of our *Bath* in this Particular.

Another admirable Effect of this *Bath* is to Cure the *Rickets* in Children; for which purpoſe we have ordered, that One whole Day every Week the *Bath* be wholly employ'd for Children, admitting no other Perſons into it on thoſe Days. Beſides, on thoſe Days we appropriate our *Bath* for that Diſtemper, by ſomewhat altering the Mineral Principles of it from thoſe which impregnate it on other Days. Becauſe Bathing may at firſt ſeem ſomething uncouth for this Diſtemper, it being unuſual, and ſeldom preſcribed, let us a little inquire into the Nature and

Cauſe of this Diſtemper, and conſider whether Bathing may not then ſeem the moſt Rational and Probable Remedy that can be preſcribed for it.

The *Rickets* is a Diſtemper which hath been known but a few Years in the World; and the firſt Place that it was taken notice of was in *England*, about Fifty odd Years ago. It firſt appeared in *Dorſet* and *Somerſetſhire*, and afterwards by little and little it came to be minded at *London*; and ſtil in the Northern Counties of *England* it is not ſo common, and in ſome places hardly known.

See *Gliſſon de Rachitide.*

'Tis uncertain who was the firſt Perſon that took notice of this

this Malady, who gave it that Name, and for what Reaſon: The moſt probable Etymology or Derivation of the Word is from Ῥαχίης, or Ῥαχίτης, *Spinalis*, *quaſi* νόσος τῆς ῥάχεως, *Morbus Spinæ dorſi*, becauſe the *Spine* or Back-bone is the Part primarily affected in this Diſtemper. The Spinal Marrow being firſt affected, its Tone vitiated, an Imbecillity and Relaxation cauſed, the adjoyning Nerves do al by conſent likewiſe ſuffer, and alſo al the Membranous and Fibrous Parts, to which thoſe Nerves are faſtned; hence Impotence, want of Motion, Torpitude, Dulneſs, and Imbecillity, *&c.* which are the firſt Symptoms of it, diſcover this Diſtemper to be creeping

ing on, which in a little time renders the whole Habit of Body feeble, the Tone of the Parts relaxed, flaccid, ſoft, and lubricous; whence ſucceeds ſuch an internal Slipperineſs in al the Parts, that they are quite deſpoiled of their Faculty of Retaining and ſo Aſſimulating that Nouriſhment which Nature conveys to them: Hence an unequal Diſtribution and Retention of Nutriment doth proceed, whereby one Part becomes leſs, another bigger, than in proportion it ought to be: for ſome Parts are much emaciated and extenuated, as the Legs, Thighs, Arms, &c. other Parts are ſwelled, as the Head and Liver. There are likewiſe in this Diſtemper,

per, for the ſame Reaſon, ſeveral Protuberances of the Bones, particularly at the Wriſts, Ancles, and Extremities of the Ribs. There is likewiſe, which is another Symptom attending this Diſeaſe, a Sharpneſs and Straitneſs upon the Breaſt. We may likewiſe add, that ſeveral Bones are ſometimes inflected or bent, as the Bones of the Legs and Thighs, Arms and Shoulders, *&c.* All which Symptoms, with ſeveral others which might be mentioned, if not removed by Art, do tend very much to the future Prejudice of Children. How many crooked-boned, Bandy-legg'd, Strait-breaſted, Jolt-headed, Wry-back'd, Weak, Decrepit Perſons do we daily ſee? The Original

Original of all which Infirmities may be attributed in a great measure to the Relicts of the *Rickets*, with which they laboured when they were young. Now of Al the Remedies that ever were yet invented for this Malady, there's none like that of *Bathing*: Therefore to prevent the Injury that Children would otherwise necessarily receive by this Disease, we have ordered a particular appropriated *Bath* to be made every *Saturday*, for such as are afflicted with it; by the use of which the vitiated Tone of the Parts is rectified, the Parts themselves comforted and strengthened, equal Distribution of Nourishment promoted, and the Causes of the former inequality

lity of Nutrition and Extenuation removed; and, in fine, the whole Habit of Body in thoſe tender Punies reduced to its due Eutaxy and regular Diſpoſition: So that among all the Remedies that have hitherto been in vogue for Curing the *Rickets*, as *Scarrification of the Ears*, *Iſſues*, *Leeches*, *Cupping-glaſſes*, *Bliſters*, *Ligatures*, *Rollings*, *Strait Stockins*, *Cliſters*, *Purges*, *Vomits*, *Specific Powders*, *Syrups* or *Electuaries*, *Oyntments*, *&c.* none can be ſafer and more effectual than Bathing in this appropriated *Bath*; for by the uſe of it this Diſtemper is prevented where there is fear or danger of it; its Progreſs is ſtopt where it is begun, and al its Symptoms in a ſhort time removed

moved where it hath arrived to an Increment and conſiderable State. The Certainty of al which, and much more than I have aſſerted, wil appear to ſuch as ſhal hereafter uſe it.

Another very afflicting and ſomewhat ſpreading Malady, to the Cure of which *Bathing* may much contribute, is the *Dropſie*; and that becauſe it is found by experience, that Bathing provokes both Urine and Sweat: For a Man ſhal ſcarce wel get out of the *Bath*, but he ſhal be inclinable to make Water; and then Sweat doth in ſome conſiderable meaſure ſucceed, which if promoted by ſome inward *Diaphoretic*, wil help notably to tranſpire the ſuperfluous *Serum*

or

or Water in the Blood, eſpecially in that ſort of *Dropſie* which is called *Anaſarca*, where the Blood is too much diluted, and the *Limphaducts* obſtructed in the Habit of the Body: So that two grand Symptoms or Effects of a *Dropſie*, and perhaps a third, are hereby removed, *viz. Stopping or Difficulty of Urine, Obſtructions of the Pores*, and laſtly, *Debility of Ferments in their ſeparating Functions.* For hereby the Reins, Ureters, and *Sphincter* of the Bladder are reminded of their Duty, the Pores of the Body are opened, the inward and outward Parts rendred Perſpirable, and the Digeſtive Ferments fortified: So that tho the uſe of this *Bath* it ſelf, without concurring

ring Means, is not ſufficient to Cure a *Dropſie*, yet if *Bathing* be joyned with other Remedies, it will certainly prove very uſeful and beneficial.

We may here likewiſe mention another great Convenience of it, which is, That it is very uſeful for Corpulent Perſons, for groſs and fat Bodies: For by opening the Pores, and exciting a new and brisk Ferment in the Blood, it aſſiſts Nature to emit the ſuperfluous Unctuous Parts of the Blood; it likewiſe waſtes and cauſeth to exhale that Matter that hath already been ſetled into Fat: Thus Fat and Corpulent Perſons may in a little time be eaſed (at leaſt in a great meaſure) of that heavy Burden which

which they generally complain of. Nor doth this *Bath* make Lean Perſons become Leaner, for the ſame Reaſon that it makes Fat Perſons Lean; becauſe in Lean Bodies there is none of that ſuperfluous and Unctuous Matter which it meets with in groſſer Bodies; but in Lean Bodies it plumps and corroborates the Fibres of the Muſcles.

We ſhal in the next place add, That this *Bath* may with very good Succeſs be uſed to give preſent Eaſe in the Fits of the *Stone* and *Gravel*; for by a kind of an *Anodyne* Vertue it obtundeth the acute Senſation of thoſe Nervous and Membranous Parts which ſuffer in this Diſtemper: It likewiſe cauſeth a propenſion

to make Water, and ſo either expels the Gravel or Stone if it be ſmal, or elſe if it be too big to force its *exit* thro the *Meatus Urinarius*, or Urinary Paſſage, it often cauſeth a Removal of it from the top of that Paſſage, and ſo preſent Eaſe enſues. But we ſhal not inſiſt farther on this Head, our *Mineral Waters*, the Vertues of which we ſhal hereafter relate, being of exceeding Efficacy in this wracking Diſtemper.

The laſt thing I purpoſe to mention in Commendation of this *Bath*, is, That it Beautifies the Skin, tho ſome *Natural Baths* make it more Tawny and Unhandſom: To which end I can commend it to Ladies, to ſmooth and

and whiten their Skin, increaſe its Plumpneſs and Luſtre, and preſerve the Body in a good Habit and Diſpoſition: It takes away Wrinkles and Shrivellings in the Skin, and is very uſeful to take away Chaps in Womens Breaſts and Bellies after Lying-in: It fetcheth off Spots, and other Cutaneous Deformities: It alſo waſheth from the Body that Scurf and Dirt which adheres to it, ſo that the uſe of it is very neat and cleanly: It takes off that yellow and unhandſom Colour of the Skin which remains in the *Yellow Jaundies* after the Cauſe is removed.

Theſe things, beſides the great Pleaſure of Bathing and Waſhing the Body, are al I deſign at

preſent to mention concerning the great Uſefulneſs and Vertue of this *New Mineral Bath*: of which much more might be ſaid, but, for brevity ſake, let what hath been here conciſely related ſuffice til a future Opportunity, and more apparent Teſtimonies of its real Benefit, do preſent themſelves. We ſhal therefore now proceed to give an Account of the Nature and Virtues of the *New Spaw*, or *Mineral Waters* deſigned for Drinking.

Having made it part of my Study to dive into the Nature of *Waters*, I muſt declare my Opinion to be, That *Mineral Waters* are not only of great uſe in *Phyſic*, and retain in them very admirable

mirable Vertues; but alſo, that no other ſort of *Medicines*, let them be made up in what Form ſoever, have that Energy in reducing the Blood to its priſtine Eucraſie, the whole Body to a ſound *Diatheſis*, and routing the *Mineras* and Seminalities of Diſeaſes, as *wholſom Medicinal Waters*. Of the Truth of which Opinion, not only I my ſelf am fully ſatisfied and perſwaded, but alſo the whole *European* World becomes every day more and more convinced. How many thouſand Cures have been performed in this ſmall Iland, within few Years? What flockings are there every Summer to *Tunbridge*, where the beſt *Mineral Waters* in *England* are? How

is *Epſom*, *Northaw*, *Scarborough*, *Knaisborough*, *&c.* yearly frequented? Not only in our own Country, but in other Parts of *Europe*, *Mineral Waters* are much in vogue, eſpecially in *France* and *Germany*. How are the Wels at *Burbon* crowded in *May* and *September*, by Perſons of ſeveral Nations? And what a Confuſion of Tongues is there every Summer at the *Spaws* in *Germany*? This being my firſt *Theſis*, *That Medicinal Waters are of admirable uſe and efficacy both in Preſerving and Reſtoring the Health of Man*: My next *Poſition* is, *That there is no Mineral Water that is naturally made in the Bowels of the Earth, but may be likewiſe prepared exactly by a skilful*

skilful Hydrotomiſt: For al ſuch Waters are made by a Mixture of ſuch Mineral Particles with their Bodies as they have waſht off from the Mines or Metals by which they paſs. Thus if a Current of pure Elementary Water fal upon an Allum-Mine, it is immediately impregnated with an Eſurine Quality; whence paſſing on, it may probably meet with an Iron Bed: here by the Eſurine Quality which it before acquired, it gnaws and erodes that Mineral, receiving ſeveral of its finer Particles into ſuch Pores or ſmal Cavities in its Body as thoſe Particles are adapted for by their Figures; and thus it becomes a very wholeſom *Alumino-Chalybeat* Water: And of

this Nature are the *Spaws* in *Germany*. So likewise a Current of Water within the Caverns of the Earth gliding thorow the *Marcasites* of *Vitriol*, which abound in some Countries, and the Nitrous Glebes wherewith some Lands are saturated licking up the Saline Particles of those Bodies, and then meeting with a Sulphur-Bed, there is instantly an Effervescence and Ebullition caused by the strenuous Conflict between the Acid and Sulphureous Particles; a notable Fervour presently arises, and a Heat hardly to be endured by the Hand; which Waters afterwards break forth in Hot Springs: Thus the Waters of *Burbon* in *France* are made. I might instance in several

veral other Springs, but I aim at Brevity. Now al that is thus effected by Nature, may be performed by Art, by a Person wel studied in the Nature and Principles of Mineral Waters; such curious Preparations may by Labour be made, as may by their solution in pure Fountain-water enrich it with the excellent Qualities of *Natural Spaws*. For my own particular, having pried and been more than ordinarily curious and inquisitive in the Anatomy of *Spaws* and *Mineral Waters*, I dare say so much in my own behalf, that I never went about to imitate any particular Water, but in the end I exactly effected it. Further, to pleasure any Person of Quality, or particular

cular Friends, that are desirous to drink the *Burbon*, or *Spaw* Waters of *Germany*, I do here offer to make either of them, so exactly, that those Persons that frequently have drunk them, or the greatest *Hydrotomist* or Proficient in the Study of Waters, shal not be able to distinguish them from the Natural Waters, either by Taste, Smel, Colour, Operation, and Virtues, or whatsoever Experiments he shal make to try them.

But to proceed: Another *Position* that I would lay down, before I come to relate the Virtues of our *Spaw*, is, *That a Mineral Water may be prepared by Art, much purer, wholesomer, and more effectual in answering the Indications they*

they are prescribed for, than any Natural Waters can be. My Reason for this Assertion is, That *Natural Medicinal Springs* being the Products of *Chance* and *Contingency* (not to detract from the Providence of the Infinitely-wise Creator) must needs receive many unwholesom male-figur'd Particles with their other Principles: Those Springs being casually made, have no intrinsic Ferments in them, that wil throw off the Arsenical Particles which they have accidentally devoured, to which no Poyson can be compared for Mischief; they have no Streiners to secern them from the impure Mixtures; no Preparations made by the Alembics in the Earth, that wil precipitate

pitate the Mercurial Corpuſcles; nor any Expedients to diſſipate the deadly Fumes or noxious *Aporrhea* they have received. I wil not maintain, That al Mineral Springs have in them Arſenical and Mercurial Particles; but this I dare be bold to affirm, That many Waters in *Europe*, that are frequently drank of, do retain in them ſome of either of theſe Particles, tho in a ſmal quantity; and likewiſe, That there are no Natural Waters, that are impregnated with Mineral Principles, but have likewiſe in them ſome very impure Particles: But now ſuch Waters may Artificially be made, as ſhal be altogether pure, being impregnated with nothing but the moſt

moſt refined and wholeſom Particles of thoſe Minerals from which they receive their Virtues; which pure Principles and curious Preparation are divorced and ſeparated by Art and Labour from the groſs Recrements and impure *Sordes* that accompany al thoſe Metals out of which the Natural Springs extract their Medicinal Qualities. And certainly Waters thus diligently prepared, muſt needs excel the Effects and Products of meer Chance and Caſualty, and prove more innocent, wholeſom, and effectual.

Being fully convinced of the Verity of this my laſt Aſſertion, by conſidering the Reaſons I have here mentioned, I endeavoured

voured to make a Mineral Water that ſhould recede in Virtue to no other, either Natural or Artificial; and therefore I ſet about the Work with as much Care and Diligence, as Pleaſure and Curioſity; and at laſt, by diſſecting ſome of the moſt wholeſom Minerals by the Inſtrument of Fire, have accompliſht my expected and deſired End, and obtained ſo admirable a Water, that I really think that al the Countries in *Europe* cannot produce a Natural Water equal to it. I do not ſay but *Phyſicians*, by taking the ſame Pains that I have done, may in time effect the ſame; but that this Water, or any thing like it in Vertue, was ever yet made, I dare confidently deny. Now

Now 'tis by the Perſwaſions of two or three Perſons of great Quality, as wel as my own Ambition, and Inclination to pleaſure my Country, and add any thing to the promotion of Health, or Improvement of *Phyſic*, that I am induced to make public theſe Excellent Waters; not doubting but the general Benefit that wil be received by them, by al that drink them, wil Quickly give an univerſal Satiſfaction of their Goodneſs.

Theſe *Waters*, with al *Accommodations*, being now almoſt ready for *Public Drinking*, we have given them the Name of the *New Spaw*; the particular Virtues of which we ſhal juſt mention, deſiring no other Judge of the Reality

lity of what we have or ſhal affirm concerning them, than Common Experience.

The Chief Virtue of theſe Waters conſiſts in their Diuretic Quality; for they work potently by Urine. To ſome Bodies they give a Stool or two, eſpecially if they drink them quick: They make the Excrements very black, and the Urine pale: They dilute the Blood, and diſſolve thoſe Salts that are fixt upon the Nerves, or other Parts, cauſing acute Pains, and other Maladies, and force them out of the Blood thorow the Reins and Bladder: So that the particular Diſtempers they are proper to be preſcribed in, are theſe.

1. They

1. They are very ſafely and ſucceſsfully drank by *Scorbutic* Perſons; tho indeed the Word *Scurvy* is grown ſo general a Term in *Phyſic*, that ſome Practitioners, whatever Symptoms their Patients labour under, when they are any way doubtful of the Diſtemper, immediately term it the *Scurvy:* whereupon ſeveral *Phyſicians* of late have declared their Opinions to be, That there is no ſuch Diſtemper in Nature as the *Scurvy*, and that the Notion of the *Scurvy* is a meer Impoſition upon the Fancies of Men: Yet I am fully perſuaded, and that for ſeveral weighty and convincing Arguments, that there is ſuch a Diſtemper as the *Scurvy*, which ſome

cal the *Scurvy*, others the *Scorby*, and the *Scorbute*.

'Twould not only be too tedious to enter upon explaining the Cauſes of the *Scurvy*, but likewiſe needleſs, it being ſo accurately done by Dr. *Willis*, in his Book *de Scorbuto*, and likewiſe by Dr. *Gideon Harvey*, in his *New Diſcovery of the Scurvy*, to which I refer the Reader. We ſhal therefore only reckon up ſome of the chief Symptoms and Effects of the *Scurvy*, for which theſe Waters may ſucceſsfully be taken. The *Scurvy*, for the moſt part, appears in the Gums and Teeth; the Gums are ſwelled, ſpongy, diſcoloured, and ſore; the Teeth become looſe, and in proceſs of time they do inevitably

inevitably rot and caviate; and a Stinking Breath doth frequently render the Diſeaſe very incommodious. The Gums wil bleed at the leaſt touch, inſomuch that ſome Scorbutic Perſons can hardly bite a piece of Bread, but the Remainder in their Hands wil appear Bloody. Hereupon the Gums ſometimes fiſſure or cleave, and afterwards become Ulcerous; which little Ulcers are many times ſucceeded by malignant Cancerous Ulcers, threatning Deformity to the circumjacent Parts. Another grand Symptom of the *Scurvy* is *Weakneſs and Laſſitude in the Limbs*, eſpecially about the Knees and Ancles, which is attended with Shortneſs of Breath, great

Faintneſs and Wearineſs upon the leaſt Exerciſe: Sometimes there is an univerſal Soreneſs of the Limbs, eſpecially the Arms, Shoulders, Neck-bones, and Back, and no diſpoſition to ſtir or move, but a Heavineſs and Drowſineſs poſſeſſeth the Body, eſpecially upon the leaſt alteration of Weather.

Another Concomitant of the *Scurvy* is *Pains in the Joynts*, extreme Tortures in the Wriſts, Knuckles, Elbows, Shoulders, Hips, Knees, Ancles, Toes, and Fingers; and that which is worſt of al, miſerable Pains about the Neck and Back-bone, ſhooting and darting Pains in the Head.

The *Scurvy* is alſo frequently diſcerned by *Spots* and *Blotches*, of

of ſeveral Colours and Figures, on the Legs; *Puſtules*, *Tumours*, and *Tubercles* on the Shins; thick, hard, callous Skin about the Ancles: The Spots are commonly firſt red, then yellow, afterwards livid, and at laſt of an Aſh-colour. After this appear *Blotches* on the ſides of the Legs, which are firſt red, then yellowiſh, and in time grow rough, and peel off: theſe generally are ſucceeded by *Puſtules*, *Tumours*, and ſometimes *naſty Scabs*. Not only the Legs, but many times the whole Skin is deformed by Scorbutic Spots and Eruptions. To theſe we may add frequent *Itchings* al over the Body, a *livid and deadiſh Complexion of the Face*, and *pale Tallow Habit of Body*;

a Regurgitation, or *bad Digestion of the Stomach, sowr Belchings, Dulness and Drowsiness after Meat, want of Appetite*, and sometimes *too sharp an Appetite, puffing of the Stomach*, and *tension of the Belly*, especially after Food; *Costiveness*, and sometimes *Fluxes of the Belly*, as *Diarrheas* and *Lienteries*; *suppression of Natural Courses in Women*, with a sort of *painful Whites*.

These being the Chief Symptoms of this Epidemic Disease in *England*, nothing can be more proper or more effectual in removing them, than our *New Spaw Waters*: In confirmation of which, I do assure the *Reader*, that I have frequently prescribed not only these Waters Artificially

ficially prepared, but likewiſe the very Principles of which they are made, to ſeveral Perſons in this City, with great Succeſs, for this very Diſtemper. By theſe Waters the Scorbutic Impurity of the Blood is waſhed away, and the whole Maſs of Blood purified, the exalted ſalt, acid, and ſaponary Quality of the Blood removed, the Habit of the Body rectified, the Concoctions altered, the vitiated Tone of the Parts reduced: ſo that by drinking of this Water every Morning, for ſome conſiderable time, al the mentioned troubleſom Symptoms are made to vaniſh and diſappear.

2. The next Diſeaſe theſe Waters are uſeful in, is the *Stone* and

Strangury. I wil not pretend that theſe Waters wil diſſolve or break the Stone in the Reins or Bladder, for no Waters in the World can effect that: But yet theſe Waters are certainly as helpful in this Diſtemper, as any Waters in *Europe*; for by ſwiftly gliding thorow the Reins and Bladder, the Places where Gravel and the Stone have their Nativity, by the abſterſive quality of their eſurine Salt they hinder the Increaſe or Growth of the Stone, by carrying away the recrementall *Sordes* that would otherwiſe adhere to the Stone, and ſo increaſe its Bulk; and likewiſe by their weight they keep the Currents open, dilate the Paſſages, and take the opportunity of ſlipping

ping a Stone now and then, with a ſtream of water, thorow the *Sphincter* of the Bladder.

Not undeſervedly are the *Spaws* in *Germany* much reſorted to upon this account, and exceeding Benefit and Relief found by ſuch as drink them. Now there is nothing in theſe Waters, that ericheth them with theſe excellent Qualities, but it likewiſe impregnates our Waters: Why therefore ſhould not our Waters, which are more refined and exactly prepared, be endowed with as great *Lithontriptic* Qualities as the *Spaw-waters* in *Germany*?

'Tis certain, that ſome Mineral-waters, by being drank, occaſion and cauſe the Stone, as

Dr. *Tonſtal*

Dr. *Tonſtal* in his *Anatomy of Scarborough-Spaw* proveth, by ſeveral undeniable Arguments; and relates ſeveral Stories and Obſervations concerning Perſons who never were troubled with this Diſtemper in their Lives, yet upon drinking thoſe Waters for other Diſtempers, have afterward been tormented with direful Pains of the Stone. And Dr. *Simpſon*, in his *Hydrological Eſſays*, preſcribeth a Method to correct the Petrifying Qualities of thoſe Waters. And it's my Opinion, That there are very few *Natural Medicinal Waters*, but among their Mineral Particles and Recrements that are diſſolved in them, there are ſeveral Lapidific and Petrifying Particles.

But

But these Waters are free from al such kind of Sabulous Mixtures.

3. A third Malady that may be helped by these Waters, is the *Dropsie:* For by these Waters the main Cause of a *Dropsie*, which is an *Obstruction of the Reins*, is removed: The Esurine Salt, which is a Solvent in these Waters, dissolves the coagulated Matter in the Reins, and makes free passage both for it self, and for the *exit* of the restagnating Water which before floated in the *Abdomen* and Legs, and so caused that Swelling in them. In the *Dropsie* likewise there is a vitiated Ferment in the Stomach, and an adust *Sordes* impacted in the Tunicles thereof; whence a Feverish

Feverish and pressing Thirst constantly attends Dropsical Persons: Now this Water doth cleanse the Stomach, it looseneth and dissolveth the *Sordes* of Digestion, and so carrieth it off.

Perhaps it may seem something contradictory and unreasonable, that *Dropsies* are to be helped by *Waters*, because the Blood in this Disease is too much diluted already: But if we consider how these Waters remove the Cause of this Malady, the strangeness wil be taken away. Besides, when Dropsical Persons desire these Waters, we can, by adding to them some Preparations of the Mineral Principles of them, make them much stronger; and so consequently

quently a ſmaller quantity of them may be more potent than a much greater, and ſo this Objection quite removed.

4. The *Yellow Jaundice* is curable by theſe Waters: For hereby Obſtructions in the Bilary Ducts are opened, the regular and genuine Motion of the Choler promoted, and the Blood cleanſed from that Yellow Liquor which before was mixed with it, and hurried about thorow the Veins and Arteries by the Circulation, whence the ultmate Fibres and cutaneous Parts are at laſt diſcoloured by it.

5. Theſe Waters may be drank with admirable Succeſs in *Hypochondriac Melancholy*, and Affects of the *Spleen*. The Cauſes

ſes and Nature of this Diſtemper I have related in a little Tract which I publiſhed ſeveral Years ago, called Ἀνθρωπολογία, or *A Philoſophic Diſcourſe concerning Man*; which the Reader may peruſe at his leiſure.

6. In al manner of Uterine Affects or Diſeaſes of the *Womb*, theſe Waters may be recommended. I ſhal not diſpute whether *Hyſteric Paſſions*, or *Fits of the Mother*, proceed from the Womb, as *Sennertus*, *Riverius*, and other famous Authors tel us; or from the Exploſion of the Animal Spirits in the Nerves, as the Renowned *Willis* wil have it; or elſe from the more than ordinary Effervescence or Ebullition of the thinner and more flatulent

flatulent Blood in the Heart and Lungs, as Dr. *Highmore* asserts; whence (he saith) the Heart and the Pneumatic Vessels are appreſt and straitned, difficulty of Breathing caused, and a kind of Rising in the Throat. But whatever the primary and original Cause of it is, we find by experience, that by these Waters it may be removed. They are likewise proper in al those Distempers peculiar to Women, as *Obstructions of the Courses, immoderate Fluxes, Whites, Suffocations of the Womb*, the raging and unbridled *Furor Uterinus*, *Inflammations of the Womb, Barrenness, &c.*

7. Nothing more proper and beneficial in great *Surfeits*, than

to

to dilute the Blood, and ſeparate from it thoſe impure Mixtures wherewith 'twas ſurfeited, by drinking of theſe wholeſom Medicinal Waters.

8. In the beginning of a *Hectic*, and a tendency to a *Conſumption*, nothing can be ſafer than theſe Waters. Where a *Conſumption* is feared, and the Body inclinable to it, theſe Waters, if drank in a ſufficient quantity every day, for ſome Weeks, wil in al probability prevent it.

See the Cauſe of a Conſumption, in a Diſcourſe of that Diſtemper which I lately publiſhed.

9. In a *Cachexy*, or il Habit of Body proceeding from undue and depraved Concoctions, theſe Waters are certainly effectual: For by being often drank, they aſſiſt

aſſiſt Concoction, by taking away what was injurious to it; and whet the Appetite, by correcting the vitiated Acid in the Stomach; purifie the Blood, by ſeparating from it what is heterogenious, and leaving ſome of its wholeſom Particles with it; and ſo in a ſhort time the whole Body is reduced to a regular *Craſis* and *Eutaxy*.

We might here add ſeveral other Maladies for which theſe Waters are of great uſe and efficacy; as, *Preternatural Vomitings, Pains at the Stomach, Heats of the Liver and Bowels, Thirſt and Bitter Taſtes in the Mouth, Obſtructions of the Meſentery and other Bowels, Sarpneſs of Urine, and Difficulty of making Water, Ulcers of*

the Reins, Bladder, and Yard, Tumours of the Hemorrhoids or the Piles, Colics both *Biloſe* and *Nephritic, Dyſenteries* or *Bloody-flux, Worms, Headach, Meagrim, Giddineſs, Bleedings at Noſe, Palpitations of the Heart, the Itch, Baſtard-Leproſie, Scabs,* or other *Breakings-out* or *Eruptions* in the Skin. In fine, we may ſafely ſay of theſe Waters as a very late Author writeth in praiſe of the *Spaw-waters* in *Germany*; *Non arbitror omnes Medicos tam Antiquos quam Modernos ullum unquam remedium adinveniſſe adeo proficium adeoque amicum humanæ naturæ, quod uno eodemque tempore purgat, deterget, temperat & corroborat omnia viſcera, & tot tamque diverſis morbis*

Petr. Givrius Arcanum Acidulatum, c. 10.

bis auxiliatur; *I do not think* (ſaith he) *that the Ancient or Modern Phyſicians have ever yet found out a Remedy ſo beneficial, ſo agreeable to Humane Nature, which at one and the ſame time purgeth, detergeth, temperates, and corroborates al the Bowels, and is helpful in ſo many and ſo differing Diſtempers.* To apply this; I would not be underſtood, that I think no *Phyſicians* can by their Endeavours make Waters Artificially, which may be as good as theſe: but my Opinion is (as I have already aſſerted) That no Form of Medicines do in any reſpect equal that of *Mineral Water.* Much more might be ſaid in Commendation of theſe Waters; but I have already exceeded my limited Bounds.

Theſe Waters may be drank from One Quart to Two and Three in a Morning: The Perſon that drinks them is to uſe moderate Exerciſe, as Walking, Playing at Bowls, Ninepins, &c. after them: About two Hours after he may drink a Glaſs of Wine, which wil help their Paſſage; He muſt not eat til two or three Hours after he hath drank them, nor uſe any violent Motion. He muſt uſe a moderate Diet during the whole time of his drinking them, not overcharging the Stomach with too much or too great Variety of Food: His conſtant Drink is to be clear, freſh, and not too ſtrong; neither new, nor too ſtale. He may now and then

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reſt a day or two, and then drink again. It's convenient to purge gently, after he hath drank them a fortnight or three weeks. Such as pleaſe may have them made ſtronger, by adding ſome of the Eſſence of theſe Waters to them, and ſo may drink them in leſſer Quantities.

What I have farther to add concerning theſe Waters, I ſhal reſerve til a Treatiſe of *Obſervations* that may be made upon the *Bath* and *Spaw*, which we hope to finiſh by next Summer, ſhal be publiſhed.

FINIS.

ERRATA.

Page 98. line 1. read *Scorvey*. p. 99. l. 1. r. *cariate*. p. 102. l. 14. r. *Endemic*. p. 111. l. 4. r. *oppreſt*. l. 17. r. *Uterinus*.